



## **Two-day Workshop on Cognitive Processing Therapy for PTSD**

**Prof. Patricia A. Resick, Ph.D., ABPP.**



Date: 28-29 November 2018 (Wed & Thurs)

Time: 9:00 am to 6:00 p.m.

Venue: Rm 103, Hong Kong Red Cross Headquarters,  
19 Hoi Ting Road, West Kowloon, Hong Kong

One of the most effective evidence-based treatments for PTSD is Cognitive Processing Therapy (CPT). This workshop will cover current developments of CPT, which is predominantly a cognitive therapy, that can be implemented with or without a smaller exposure component than imaginal exposure therapy and is therefore more acceptable to many clients and practitioners seeking alternatives to purely exposure-focused treatments. It also directly targets associated problems such as depression, guilt, and anger. Originally developed for rape and sexual assault, CPT has been successfully applied to survivors of other traumas, such as the suicide of a loved one.

This 2-day workshop of professional training in CPT shall be conducted by its developer, Prof. Patricia A. Resick. Prof. Resick is a Professor in the Department of Psychiatry and Behavioral Sciences at Duke University. She has served as President of both the International Society for Traumatic Stress Studies (ISTSS) and Association for Behavioral and Cognitive Therapies (ABCT). She has won research and mentoring awards from ISTSS and ABCT as well as the lifetime achievement award from the Trauma Division (56) of APA.

The purpose of this workshop is to teach participants to conduct the CPT protocols for PTSD. CPT is a very systematic evidence-based approach to treating PTSD, in which participants learn to think about their traumatic events differently and learn the skill of more balanced thinking. Completion of this training will prepare practitioners to implement CPT with trauma survivors. The training will include both didactic and interactive learning sessions spread across two days. The first day and a half will focus on using CPT for treating individuals with PTSD and the last part of the second day will show how CPT can be adapted for group treatment.

By the end of the training, participants should be able to:

- Describe a functional model of PTSD
- Demonstrate the difference between assimilation, accommodation and over-accommodation
- Understand the structure of CPT, includes the format and goals for each treatment session
- Identify and practice addressing common “stuck points” of clients with PTSD
- Demonstrate Socratic dialogue to challenge stuck points
- Understand of how to use the treatment tools included with the CPT Manual
- Implement CPT in a group format

*Pending CE points from various professional bodies*

For enquiry, please send your email to [info@asianstss.org](mailto:info@asianstss.org) & visit our website at [www.asianstss.org](http://www.asianstss.org)



## Two-day Workshop on Cognitive Processing Therapy for PTSD

Prof. Patricia A. Resick, Ph.D., ABPP.

### Enrolment Form

Title: \_\_\_\_\_ Name (with surname in block letters) : \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Profession: \_\_\_\_\_ Current Post: \_\_\_\_\_ Organization: \_\_\_\_\_

**Enrolment details (please tick as appropriate):**

|                     | Registration on or before<br>31 <sup>st</sup> August 2018 | Registration after<br>31 <sup>st</sup> August 2018 |
|---------------------|---|--|
| AsianSTSS Member    | <input type="checkbox"/> HK\$3,100                        | <input type="checkbox"/> HK\$3,400                 |
| Non-member          | <input type="checkbox"/> HK\$3,600                        | <input type="checkbox"/> HK\$3,900                 |
| Student (Full-time) | <input type="checkbox"/> HK\$2,000                        | <input type="checkbox"/> HK\$2,200                 |

Please complete and return the enrolment form with a cross cheque payable to

**Asian Society for Traumatic Stress Studies** by mail to:

*Unit 915, China Merchants Tower, Shun Tak Centre, 168-200 Connaught Road Central, HK*

*Deadline of enrolment: 1<sup>st</sup> Nov, 2018*

**Join AsianSTSS now and receive member's rate!**

Remarks:

1. Seats are served on a first-come-first-serve basis. Priority is given to members/staff of organizing bodies.
2. AsianSTSS reserves the right to modify the programme and reject an enrolment at any point in time.
3. Enrolment will be confirmed ONLY when full payment has been received by the AsianSTSS. Confirmation will be sent by email or fax one week prior to the workshop.
4. Official receipt will be issued at the registration counter. All fees are non-refundable.
5. If the Typhoon Signal No. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement will be announced later.
6. For enquiry, please send your email to [info@asianstss.org](mailto:info@asianstss.org) or visit our website at [www.asianstss.org](http://www.asianstss.org).

#### NOTE

**Before attending this conference please:**

1. Complete the online course on CPT (<https://cpt.musc.edu/>) and/or
2. Read Resick, P. A., Monson, C. M. & Chard, K. M. (2017). **Cognitive Processing Therapy for PTSD: A Comprehensive Manual. New York: Guilford**

**This will allow us to complete a more in-depth training.**

